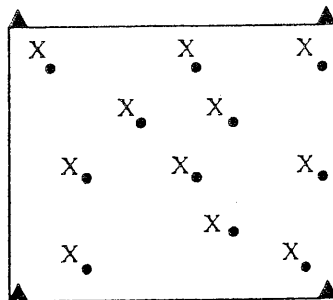


# DRIBBLING

## RED LIGHT / GREEN LIGHT

### Game Setup:

20 x 20 grid.  
Each player has a ball.



### Basic Sequence:

Players dribble around the inside of the grid, pretending they are driving a car. Players have to obey road rules e.g. stopping when coach calls "red light" and continuing at green lights. If a player bumps into another, or loses their ball out of the grid, they wreck their car and go to the repair shop (coach) to get it fixed-the coach then gives them a skill to perform e.g. 10 toe taps etc.

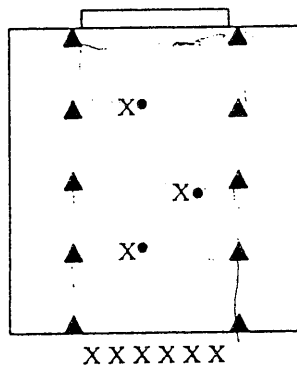
### Focus on:

Keeping ball under control - keeping it close particularly when coach calls "Red Light". Keeping head up. Use different parts of feet to change direction of the ball.

## \* INTERSTATE MADNESS

### Game Setup:

10 x 40 grid.  
Use of goal is recommended.  
Each player has a ball.



### Basic Sequence:

1. Players line up at end of grid opposite goal. On coach's command they dribble down the Interstate, score a goal and dribble back up the sides to go again. How many can they score in a minute?
2. Introduce 1 defender in each grid who can only move by hopping on 1 leg. They're restricted to staying within their grid in next 3 stages. They attempt to kick the car's soccer balls off the Interstate by kicking it with the leg they're standing on. Cars now have to drive down the Interstate avoiding the obstructions, score a goal and try again. If they get knocked off, go back to start.
3. As in 2 but now defenders can move like crabs (on all fours).
4. As in 3 but now defenders are unrestricted (still have to remain in their respective grid).

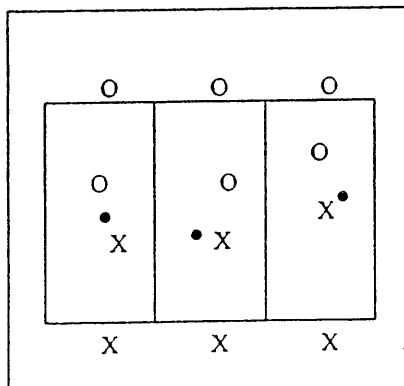
### Focus On:

Keep close control, change direction & speed, finish.

## \* CHANGE SOCCER

### Game Setup:

10 x 30 area,  
divided into  
10 x 10 grids.  
Groups of 4 per  
grid. One ball per  
group.



### Basic Sequence:

Two players stand with legs apart at opposite ends of the grid. This creates a 1 v 1 situation with the other two players. To score the players must pass/shoot through the legs of the opposing stationary player, who acts as a goal. On the coaches command "change" the players swap positions. The team with the most goals scored after three minutes is the winner. Rotate teams to other grids so every team has an opportunity to play against each other.

### Focus On:

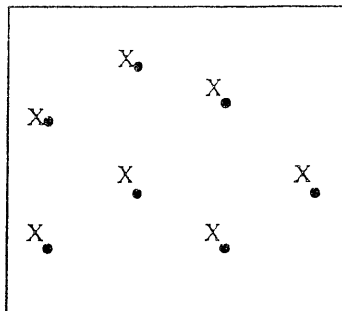
Keep close control of the ball.  
Change direction as you near your opponent.  
Change speed as you dribble around your opponent.  
Accuracy of shot.

## DRIBBLING (CONT'D)

### PARTS OF THE BODY

#### Game Setup:

20 x 20 grid.  
Each player has a ball.



#### Basic Sequence:

Players dribble around grid. At certain intervals coach will call out a part of the body, e.g. hand, head, elbow, stomach, etc. At his command each player has to stop the ball (by using their foot) and place that part of the body on the ball. Once the players have completed this task the coach shouts dribble and the players continue to dribble around the grid again. After a few attempts the coach can call out successive parts of the body so the players have to alternate touching the ball with different parts of their bodies.

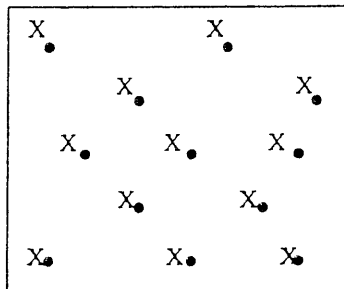
#### Focus On:

Speed of reaction. Keeping close control of the ball so they can stop the ball quickly.

### DO AS I SAY

#### Game Setup:

20 x 20 grid.  
Each player has a ball.



#### Basic Sequence:

Players dribble around the grid. The coach will periodically give commands e.g. walk, run quickly, stop the ball, put your elbow on the ball etc. Players carry out the command it is preceded by "Paul Says" (or whatever the name of the coach is). If the coach's command is not preceded by "Paul Says", the players ignore the command and continue as before.

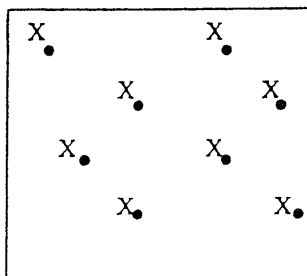
#### Focus On:

Speed of reaction.  
Ability to follow the command.  
Keep close control of the ball.

### HOSPITAL TAG

#### Game Setup:

25 x 25 grid.  
Each player has a ball.



#### Basic Sequence:

As players dribble around the grid they try to tag each other. If a player is tagged they must cover the part of the body they were tagged on with one hand and carry on dribbling. If they are tagged a second time they cover that spot with their other hand. If they are tagged a third time they go and see the doctor (coach) who gives them a skill to complete e.g. toe taps. Once the skill is completed the player is healed and can continue to play.

#### Focus On:

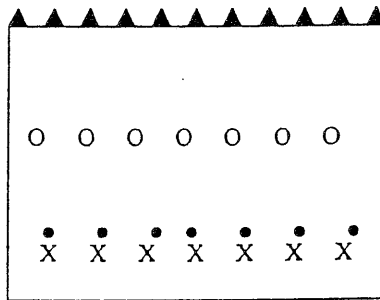
Head up.  
Keep close control.  
Stay away from opponents - dribble into space.  
Change of direction.

## DRIBBLING (CONT'D)

### TREASURE HUNT

#### Game Setup:

30 x 20 grid. Endlines clearly marked. Have a line of tall cones lined up at one endline. Split the group into two teams. One team has a ball each and starts at the opposite end to the line with the tall cones. The other team starts in the middle of the grid.



#### Basic Sequence:

The players with the soccer balls have to dribble to the cones (treasure), collect one of them and dribble back to the start line. The players in the middle attempt to tackle the dribblers. If a player is tackled he/she must immediately go back to the start line and start again. Teams compete against the clock to see how many pieces of treasure they can recover.

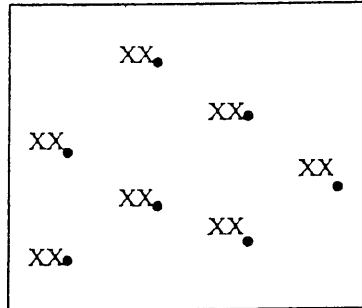
#### Focus On:

Keep head up.  
Keep close control of your ball.  
Change pace once you've retrieved a piece of treasure.

### MUNCHKIN KNOCKOUT

#### Game Setup:

25 x 25 grid. Players in pairs. One player has a ball and his/her partner stands behind with hands on partners shoulders.



#### Basic Sequence:

Partner with the ball has to dribble it around the grid with his/her partner following and keeping their hands on his/her shoulders. The rear partner attempts to kick other balls out of the grid - hands remaining on partners' shoulders at all times. On coaches command of "Change" the rear player crawls through partners' legs to change positions. Last ball in square wins.

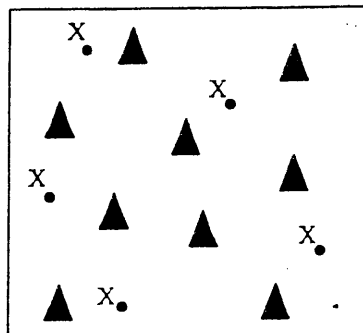
#### Focus On:

Keep close control of the ball.  
Change direction as opponents approach.  
Change speed.

### FLATTEN THE FROG

#### Game Setup:

20 x 20 grid. Each player has a ball. Coach scatters coaching discs at different points on the grid.



#### Basic Sequence:

On the coaches command the player have a set time (30 second, 1 minute) to dribble their soccer balls and stop their balls on as many of the cones (frogs) as they can. The players are not allowed to flatten the same frog (cone) twice in succession. The players attempt to keep track of their score. Player with the highest score is the "Chief Frog Flattener".

#### Focus On:

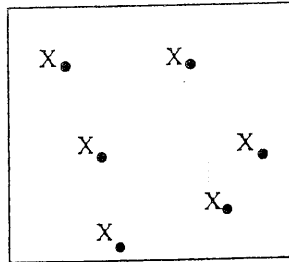
Close control.  
Changing direction.  
Being able to stop quickly.  
Using different parts of the feet to dribble and stop the ball.  
Keep your head up and try not to bunch up.

## DRIBBLING (CONT'D)

### ANIMAL ADVENTURE

#### Game Setup:

20 x 20 grid.  
Each player has a ball.



#### Basic Sequence:

Players dribble around inside of grid. The coach calls out a name of an animal and the player have to dribble at the speed of that animal e.g. an elephant will be slow, a tortoise very slow, a rabbit will be fast, a cheetah will be very fast. If the coach shouts "poacher" the players have to dribble out of the grid as quickly as they can so as not to get caught.

#### Focus On:

Keeping control of the ball as they change speed. Keep close control of the ball at speed. Keep head up, particularly at speed. Speed of reaction to coach's command. Change of speed.

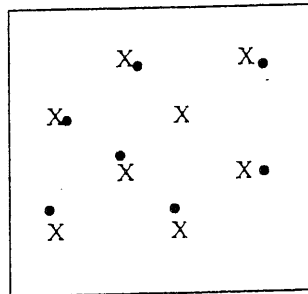
#### Variations:

Crazy cars. Same game as animal adventure but coach now calls out types of vehicle. When coach calls "Police Car" players stop immediately.

### KING OF THE JUNGLE

#### Game Setup:

15 x 15 grid.  
Each player has a ball.



#### Basic Sequence:

Players dribble around the grid. One player without a ball acts as a defender and attempts to kick the other players' soccer balls out of the grid. If a ball is kicked out, the player fetches it, comes back into the grid, stands with the ball above his/her head with his/her legs apart. The player can be freed and continue playing if another player dribbles their ball between the caught player's legs. Defender attempts to kick all the balls out of the grid. Play each game on a timed basis - 1 minute.

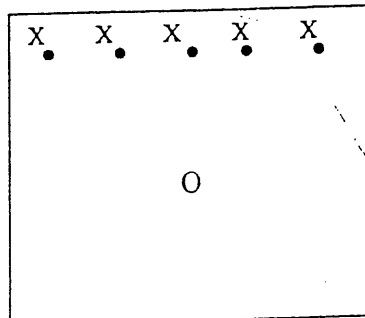
#### Focus On:

Close control.  
Change of direction when defender approaches.  
Change of speed to get away from defender.  
Dribble into space whenever possible.

### MR. WOLF

#### Game Setup:

30 x 20 grid.  
Each player has a ball.  
Endlines clearly marked.



#### Basic Sequence:

Players stand along one endline, each with a ball. The coach stands in the middle of the grid with his/her back to the players. At the coach's command the players dribble forward each calling out "What's the time Mr. Wolf?" The coach replies by giving any time of the day. If the coach replies "dinner time" the players must turn and dribble back to the end line before the coach catches them. If the coach touches a player before they reach the end line they become a wolf and help the coach.

#### Focus On:

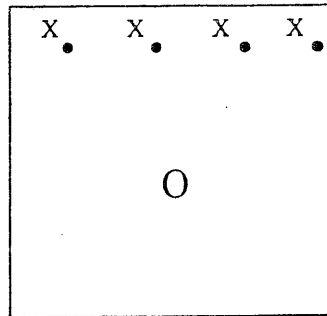
Speed of reaction.  
Quick change of direction.  
Change of speed back to the end line.

## DRIBBLING (CONT'D)

### LIZARDS AND FLIES

#### Game Setup:

30 x 20 grid.  
Each player has a ball. End lines clearly marked.



#### Basic Sequence:

Players (flies) line up at the end of the grid with their soccer balls. Coach (Lizard) starts off in the middle of the grid with a ball. The "flies" fly by dribbling from one end of the grid to the other while the Lizard attempts to eat the flies by passing the ball and striking the flies below knee height. Once a fly has been eaten they become a lizard and help the coach eat more flies. Game continues until only one fly remains.

#### Focus On:

Close control. Keep your head up. Change of direction. Change of pace.

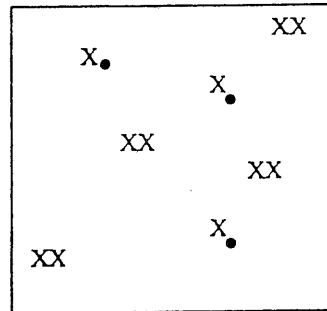
#### Variations:

Same game but now called "Foxes and Rabbits" with players being rabbits and coach being the fox. Have players make gestures at each end line to taunt the Lizard or Fox (buzz like a fly or act like rabbits with their hands as ears).

### SPACE INVADERS

#### Game Setup:

30 x 20 grid. Each player has a ball. Ensure side boundaries are clearly marked.



#### Basic Sequence:

Players line up at one end of the grid. Coach starts in the middle of the grid and acts as the space ship. Players have to dribble from one end of the grid to the other while the coach tries to dispossess players and kick their soccer balls out of the grid. Once a player has been dispossessed, he/she becomes a space invader. They hold hands in pairs (if you have even numbers) or threes (if odd) and try to kick players soccer balls out of the grid. If a player kicks a ball out of the grid when not holding hands, that attempt will not count.

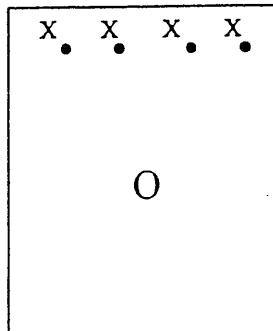
#### Focus On:

Change of direction.  
Change of speed.  
Keep close control.  
Keep your head up.

### CRAB SOCCER

#### Game Setup:

3 x 20 grid.  
Each player has a ball. Ensure side boundaries are clearly marked.



#### Basic Sequence:

Players line up at one end of the grid with their soccer balls. Coach starts in the middle of the grid and acts as the "crab". Upon coach's command, players have to get from one end of the grid to the other. Crab attempts to trap players' soccer balls between his legs. If a player has his/her ball trapped they become a crab and help the coach trap other soccer balls. If a player dribbles their ball out of the grid he/she automatically becomes a crab.

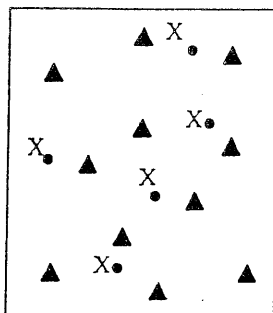
#### Focus On:

Change of direction - dribble around the crab(s).  
Keeping close control of the ball.  
Change of speed.

## DRIBBLING (CONT'D)

### DOWN ON THE FARM

**Game Setup:**  
25 x 25 grid.  
Each player has a ball. Coach positions a number of mini goals (cones 1 yd apart) within the grid.



#### Basic Sequence:

The players pretend to be sheep and they have to dribble their soccer balls through as many of the gates (mini goals) as they can within a given time period e.g. 1 minute. Sheep attempt to keep track as to how many gates they have dribbled through.

#### Focus On:

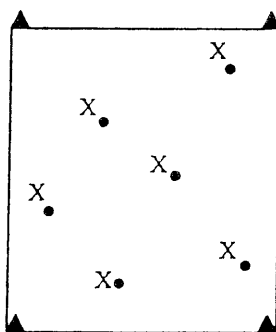
Keeping close control. Keep your head up and try not to bunch up around the gates. Technique on changing direction, inside of foot, sole of foot etc.

#### Variations:

As above but coach now becomes a sheepdog and attempts to run after the sheep to round them up. Upon hearing the barking of the sheepdog the sheep now speed up still try to run through as many gates as they can. The coach now becomes an angry farmer and runs around the field trying to block the progress of the sheep through the gate. As a sheep approaches a gate and finds it blocked by the farmer it now has to change direction and attempt to run through another.

### AERIAL COMBAT

**Game Setup:**  
20 x 20 grid.  
Each player with a ball.



#### Basic Sequence:

Each player dribbles around the grid pretending to be a fighter plane (extend arms fully as wings). As they dribble they can attack other planes by kicking their balls out of the grid. If a plane loses its ball out of the grid it is deemed "shot down". The planes also have to avoid colliding with other planes. If they do collide they "crash". Planes that are shot down or have crashed have to visit the mechanic (coach) where they perform a skill. Once the skill has been completed they are free to join the air war. Players can make sound effects when shooting down opponents and when being shot down.

#### Focus On:

Keep distance from others. Keep close control. Change direction. Keep your head up to avoid other planes.

#### Variations:

Change the speed by having the players pretend to be "bombers"-dribble slowly, reconnaissance planes-dribble fairly quickly, or fighter planes-dribble quickly.